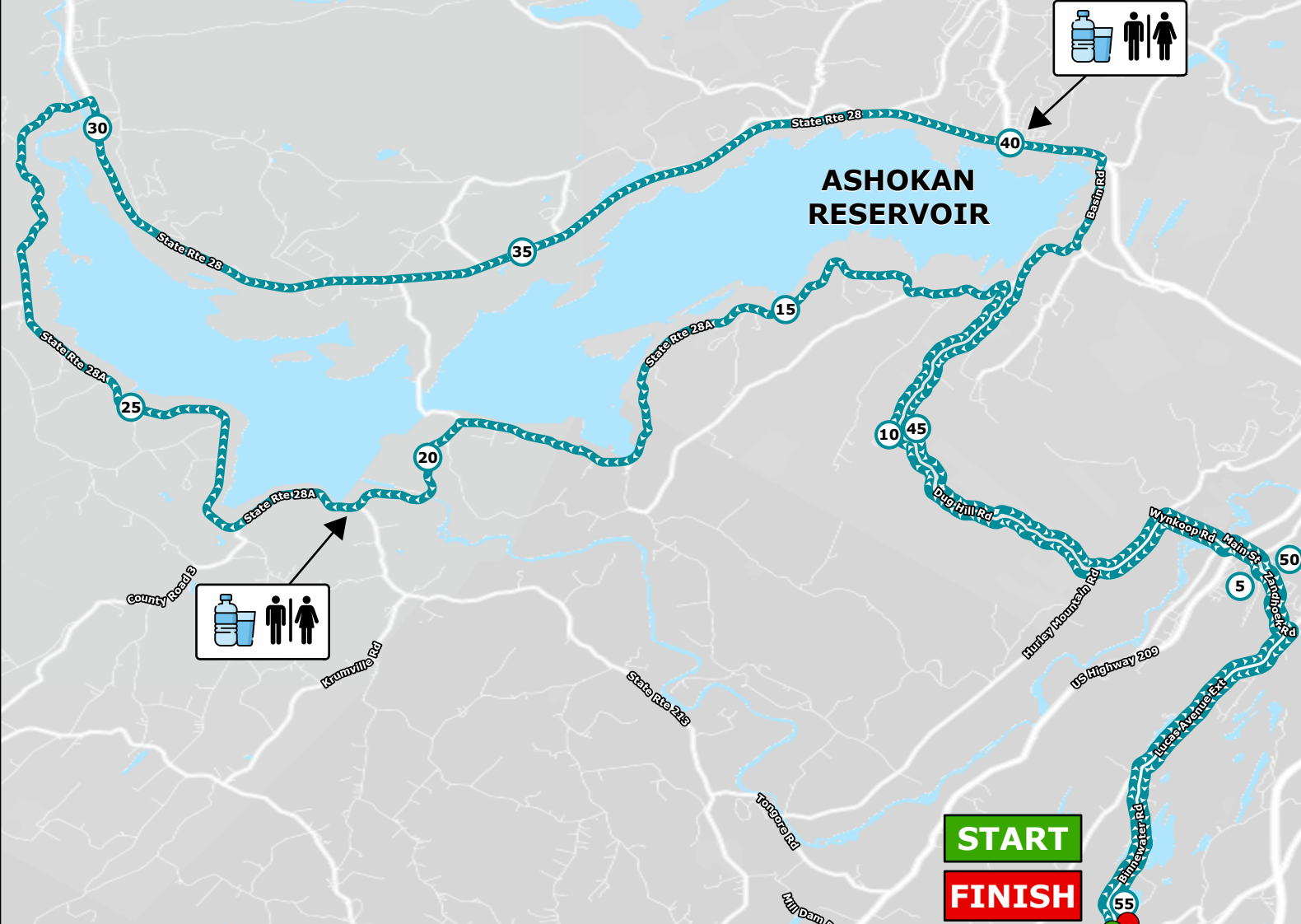




**ALPHA LONG COURSE:**

- Bike: 55 miles (one loop)
- 1) Exit T1, R on Binnewater Rd
  - 2) R on Lucas Avenue Ext
  - 3) L on Zandhoek Rd, becomes Main St
  - 4) R on Wynkoop Rd
  - 5) L on Hurley Mountain Rd
  - 6) R on Dug Hill Rd
  - 7) L on State Rte 28A
  - 8) R on Basin Rd
  - 9) R on State Rte 28A
  - 10) L on Dug Hill Rd to return on same route to T2



**HUDSON VALLEY TRIATHLON (LONG COURSE & BIKE)**

- ▶▶▶ ALPHA LONG COURSE
- # MILE MARKERS
- ⊕ MEDICAL
- 💧 AID STATION
- 🚻 BATHROOMS



**ALPHA OPEN:**

- Bike: 3 miles (out n back)
- 1) Exit T1, R on Binnewater Rd
  - 2) Turn around at 1.5 miles and return on same route to T2

**ALPHA SPRINT:**

- Bike: 12.4 miles (out n back)
- 1) Exit T1, R on Binnewater Rd
  - 2) R on Lucas Avenue Ext
  - 3) L on Zandhoek Rd, becomes Main St
  - 4) R on Wynkoop Rd
  - 5) Turn around at 6.2 miles and return on same route to T2

**ALPHA OLYMPIC:**

- Bike: 24.8 miles (2 out n backs)
- 1) Exit T1, R on Binnewater Rd
  - 2) R on Lucas Avenue Ext
  - 3) L on Zandhoek Rd, becomes Main St
  - 4) R on Wynkoop Rd
  - 5) Turn around at 6.2 miles and return on same route to begin second out n back to T2

**HUDSON VALLEY TRIATHLON (OPEN, SPRINT & OLYMPIC BIKE)**

- ▶▶▶ ALPHA OPEN
- ▶▶▶ ALPHA SPRINT
- ▶▶▶ ALPHA OLYMPIC
- # MILE MARKERS
- ⊕ MEDICAL
- 💧 AID STATION
- 🚻 BATHROOMS

